

Yoga Therapy for Your Back

Do you have on-going back problems? Do you want to learn more about your back? In this series, you will learn to understand the structure of the back and how to move within your limits. You will learn yoga postures designed to align the hip and lumbar spine; create space between the vertebrae to minimize pressure on the disks and to allow them to heal; as well as build core strength and flexibility of the lower back.


Dates: Wednesdays, May 26, June 2, 9

Time: 4:30 - 6:00pm

Fee: \$40.00

Location: Held off-campus at Ashtanga Monterey
(535 Foam Street, Monterey)

Facilitator: Marvin Goldstein, DC has 25 years experience as a chiropractor and 12 years teaching yoga. Marvin is a gifted teacher blending his chiropractic background and Iyengar yoga training to enhance the student's understanding of the healing aspects of yoga.



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